



# VIRTUAL TEAM BUILDING

## *Twitter Poll Response*

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### IMPORTANCE OF TEAM BUILDING EXERCISES

Thankfully working from home shortens our commute, allows more flexibility, and helps create a healthy work/life balance but it can also become quite lonely. When we don't have access to our team, face-to-face meetings or the proverbial water cooler conversations we can start to feel isolated. In order to combat this we need to start thinking of creative team building exercises that can keep us in-tune with our colleagues.

### VIRTUAL ACTIVITIES



1

Have your team change their backdrop to a vacation destination. Then you can spend a few minutes discussing them or just enjoy the variety of backdrops!

2

Don't scoff at creative 'IceBreakers' instead try to get everyone to commit at least one comment and see where the conversations go.

3

Have colleagues volunteer for short segments about some of their assignments. They can talk about what excited them, where the project can go, or even the struggles.